

NUTRITION ASSISTANCE {KA CAAWINTA NAFAQADA}

Barnamijka Ka kalmeynta cuntada Cafimadka oo la yiraa "Food Stamps"

'SNAP'

Soo wac **1-800-442-6003** ama ka dalbo online-ka:
www.maine.gov/mymaineconnection

Markad isticmasho **SNAP** karka cuntada suqa beraleyda, Waxad heleysaa **Maine Harvest Bucks** si aad ugu ibsato qudar iyo Miro!

Soo booqo: <http://www.maineharvestbucks.org>

At **Cultivating Community Farm Stands**, Waxaad ka heli kartaa 50% oo lagaga raqisinayo qudarta orgaaniga. Wac **(207) 761-4769** Waxii warbaxin dherada.

Naagaha, Ilmaha yar yar, iyo caruurta

'WIC'

Waxaa laga yaabaa inaad u qalanto hadaad uur leedahay ama aad haysato ilmo ka yar shan sano. Aabayasha way u dalban karaan ilmahooda. Waxay ku xirantahay xadidka daqliga qoyska

La Xariir:

Opportunity Alliance
(207) 553-5800
190 Lancaster St,
Portland, ME

CAWIMID MA U BAAHANTAHAY? Mararka qarkood barnamijka ka caawimida wuu adkaan karaa geedisocodkiisa. Hadii aad su'aal qabto si aad u dalbato ama su'al cafimadka ku sabsaniyo barnamijka shaqada ibniaadnimada, waxaad soo waci kartaa **2-1-1 Maine** adoo soo diraya **2-1-1** ama ka galaya online-ka at www.211maine.org. Hadii su'aal ka qabto meelaha laga baxiyo cuntada ama xafadaha cunta karsan laga helo la xariir arnaamijka **Wayside Food (207) 775-4939**.

CUNTADA CARUURTA

QADA BILAASHKA AMA QIIMO JABAN EE ISKULADA

La xariir Dugsiyada Dadweynaha ee Portland Waxii warbaxin dherada.
(207) 874-8231

CUNTADA XILIGA KULAYLAHA

1-866-348-6479

Soo hel waxii warbaxin ah dherada online-ka: <https://www.fns.usda.gov/summerfoodrocks>

DUGSIYADA DAWEYNAHA PORTLAND PANTRIES

Iskulo badan waxay haystaan Pantries. Marka ilmahu yiaho waan gaajaysnahay waxaa laga siiyaa mesha cuntada lagy kaydiyo. Cuntada Deg Dega waa la helaya. La xariir Sekretariga Iskulkaga waxii warbaxin dherada.

WAYSIDE COMMUNITY MEALS

Wayside Waxay baxiyaa Qadada Ardada iyo Qoyskiisa isniinta 5 PM Sanad Dugsiyedka. Iskulada ka qayb qadanaya waa East End Community, Reiche, Riverton Boys iyo Girls Club, iyo Sagamore Village Boys iyo Girls Club. Waxii warbaxin dheeraada soo wac **Wayside (207) 775-4939** ama <http://waysidemaine.org/community-meals>

MEELAHA PORTLAND LAGA HELO CUNTADA

A pantry Waxa weyan ururka bulshada oo bixiya cuntada bilaashka.

Waxii warbaxin dherada booqo:

[HTTP://WWW.CCFODSECURITY.ORG/FOOD-PANTRIES.HTML](http://www.ccfodsecurity.org/food-pantries.html)

*Pantries Leh Calamada a * Waxa laga rabaa masawir ID Intaysan ku sii cuntada. Project FEED{Mashruca Cunt Qudinta} Waxa soo diraa Keys Woker*

PREBLE STREET

(207) 775-0026

252 Oxford St

Khamis

1:30 PM - 3:00 PM

Waxaa aadi karta asbuci hal mar.

STROUDWATER

CHRISTIAN CHURCH

(207) 772-2193

1520 Westbrook St.

Axad

1:00 PM - 3:00 PM

Waxa aadi kartaahal mar labadii
Asbuuc.

SACRED HEART/ ST. DOMINIC FOOD PANTRY

(207) 929-3088

Corner of Sherman & Mellen

Talado

8:00 AM - 11:00 AM

Waxaa aadi karta asbuci hal mar.

WAYSIDE FOOD PROGRAMS MOBILE PANTRY & COMMUNITY MEALS

(207) 775-4939

Fadlan la Xariir Wayside Waxii

Warbaxin dheerada.

PROJECT FEED

(207) 761-3920

202 Woodford St.

Isniin - Jimco

1:00 PM - 3:00 PM

Fadlan la Xariir Project FEED Waxii
Warbaxin dheerada

SAGAMORE FOOD PANTRY *

(207) 221-8072

21 Popham St.

Talado

10 AM - 11:30 AM

Waxaa aadi karta asbuci hal mar.

PEAKS ISLAND COMMUNITY FOOD PANTRY

(207) 332-2443

19 Church Ave.

Isniin

3:30 PM - 5:00 PM

Waxa aadi kartaa hadii aad u
bahantahay.

WILLISTON-IMMANUEL UNITED CHURCH

(207) 775-2301

156 High St.

Khamis, Waxaad timada 10 AM.

Waxaa aadi karta asbuci hal mar.

FIRST BAPTIST *

(207) 773-3123

360 Canco Rd.

Arbaco

10:00 AM - 12:00 PM

Waxaa aadi karta asbuci hal mar.

ST. LUKE'S FOOD PANTRY

(207) 772-5434

134 Park St.

Khamis

9:30 AM - 11:00 AM

Waxa aadi kartaa bishi hal mar

MICHAEL KLAHR JEWISH FAMILY SERVICES *

(207) 772-1959

1342 Congress St.

Talado/Khamis

by Appt.

Waxa aadi kartaa bishi hal mar

SALVATION ARMY

(207) 774-6304

297 Cumberland Ave.

Isniin/Arbaco/Jimco

1:00 PM - 2:30 PM

Waxa aadi kartaa bishi hal mar

WHITE MEMORIAL *

(207) 797-4414

97 Allen Ave.

Khamis

7:30 AM - 9:00 AM

Waxaa aadi karta asbuci hal mar.

